

What is claimed is:

1. A coating agent comprising:
 - (a) sterol;
 - (b) solvent.
2. The coating agent of claim 1, wherein said solvent comprises an azeotropic solvent.
3. The coating agent of claim 2, wherein said azeotropic solvent has a Hildebrand Solubility Index of from about 8.2 to about 9.2.
4. The coating agent of 3, wherein said azeotropic solvent has a Snyder Polarity Index of from about 1.0 to about 2.1
5. The coating agent of claim 4, wherein said azeotropic solvent comprises hexane and ethanol.
6. The coating agent of claim 4, wherein said azeotropic solvent comprises ethyl acetate and ethanol.
7. The coating agent of claim 1, wherein said sterol comprises:
 - (a) stigmasterol; and
 - (b) sterol having a melting point of from about 40 degrees Celsius to about 170 degrees Celsius.
8. The coating agent of claim 4, wherein said sterol comprises:
 - (a) stigmasterol; and
 - (b) sterol having a melting point of from about 40 degrees Celsius to about 170 degrees Celsius.
9. The coating agent of Claim 7, comprising:
 - (a) from about 0.05 wt. % to about 20 wt. % sterol; and
 - (b) from about 80 wt. % to about 99.95 wt. % solvent.
10. The coating agent of Claim 9, comprising:
 - (a) from about 10 wt. % to about 15 wt. % sterol; and

- (b) from about 85 wt. % to about 90 wt. % solvent.
- 11. A coated substrate comprising:
 - (a) the coating agent of Claim 1; and
 - (b) an ingestible substrate.
- 12. A coated substrate comprising:
 - (a) the coating agent of Claim 4; and
 - (b) an ingestible substrate.
- 13. A coated substrate comprising:
 - (a) the coating agent of Claim 8; and
 - (b) an ingestible substrate.
- 14. The coated substrate of claim 11, wherein said ingestible substrate is selected from the group consisting of vitamins, amino acids, minerals, phytochemicals, carotenoids, pharmaceuticals, salts, nutrients, physiological active agents, and mixtures thereof.
- 15. The coated substrate of Claim 13, wherein said coated substrate has a thermal resistance of from about 100 degrees Celsius to about 170 degrees Celsius.
- 16. The coated substrate of Claim 15, wherein said coated substrate has a pH resistance of from about 0.1 to about 10.
- 17. The coated substrate of Claim 16, wherein said coated substrate has an oxidative resistance value of from about 95% to about 100%.
- 18. The coated substrate of Claim 17, wherein said coated substrate has a Water Solubility Index (WSI) of from about 0% to about 1%.
- 19. A coated substrate comprising:
 - (a) an ingestible coating, wherein said ingestible coating has:
 - (1) a thermal resistance of from about 100 degrees Celsius to about 170 degrees Celsius;
 - (2) optionally, a pH resistance of from about 0.1 to about 10;

- (3) optionally, an oxidative resistance value of from about 95% to about 100%;
 - (4) optionally, a Water Solubility Index of from about 0% to about 1%; and
 - (b) an ingestible substrate.
20. A coated substrate comprising:
- (a) an ingestible coating, wherein said ingestible coating has:
 - (1) a thermal resistance of from about 100 degrees Celsius to about 170 degrees Celsius;
 - (2) a pH resistance of from about 0.1 to about 10;
 - (3) an oxidative resistance value of from about 95% to about 100%;
 - (4) a Water Solubility Index of from about 0% to about 1%; and
 - (b) an ingestible substrate.